

**Abstract of the Disclosure**

A broad method consisting of the composition and creation of music wherein musical cues are contained for the purpose of synchronizing the breathing cycle with a 5.88 second musical interval for the purpose of synchronizing the heart rate variability cycle with the breathing cycle. The method wherein a 5.88 second interval is incorporated into musical composition for the purpose of producing said music and the identification and incorporation of 21 novel tempos as the basis of producing said interval. Also addressed is the method and system of incorporating the 21 novel tempos into metronomes and music synthesizers for the purpose of producing said tempos and music of said tempos, respectively.

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